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## Director's Note

Dear friends and participants:

I want to express my appreciation for the support and friendship shown to me by the other Senior Center Directors in our region, as well as the staff of the First Tennessee Area Agency on Aging and Disability. At the February meeting at the First Tennessee Development District, I was surprised with a potluck lunch in honor of my upcoming retirement. East Tennessee is fortunate to have an agency such as the First Tennessee Area Agency on Aging and Disability to provide social services to the aging population, as well as grant funding and support for senior centers throughout the Upper East Tennessee **region. If you aren't already familiar with** the many services offered through this Agency, I encourage you to attend the next public hearing and become involved.



Sue Orr  
Senior Services Director

## Administration Highlights

- Paul Burks was installed as a member of the Senior Services Advisory Council.
- Thirteen members were appointed by the City Commission to the Johnson City Senior Center Foundation, Inc.
- Senior Services Manager Position was advertised.

## Volunteer Voice

Volunteers attending the February training were treated to a great motivational session by Matt Overby, Executive Director of Summit Leadership Foundation.



Matt Overby addresses the volunteers

Volunteers also traveled to the new headquarters of Second Harvest Food Bank to begin a monthly community service. Join your friends on the second Wednesday of each month to give back to your community. Bus leaves from the Center at 8:15 a.m. and returns after lunch.

George Granger, Treasurer of the Johnson City Senior Center Foundation, promoted use of the Kroger and Food City Grocery Cards, and persuaded six volunteers to take advantage of this easy fundraiser—thanks, George!



Pat Thomas and Norma Bridwell  
at Second Harvest Food Bank

### Other Programming highlights:

- New line dance class with Martha is held on Monday afternoons.
- Race Walk Training began, suitable for all activity levels.
- Heart Month was celebrated with a month-long Heart Puzzler. Participants and their friends enjoyed a healthy finale lunch planned by Peg Pickens, with special entertainment by the Golden Heirs Community Choir.
- Living Well with Chronic Conditions, with Tracy Buckles and Elizabeth Elizondo, started in February. This six-week series helps participants with serious health problems take control of their life and improve their quality of living.

## Conductorcise!

Conductorcise classes began on February 21! The first six weeks consists of a focus group to allow the instructors to perfect their techniques. Why not give it a try this Friday at 1:00 p.m.?



## Friendly Competition...

A highly competitive pickleball tournament was held on February 19. Stanley Rainwater and Ken Rice (pictured left to right) were the winners of the doubles pickleball tournament, winning 2 out of 3 games in the final. This tournament had the most participants (21) of any pickleball tournament held at the Seniors' Center in the last 10 years. Lester Wilson and Larry Rose came in second in the hotly contested final. Congratulations to all participants!!!



## Save the Date!



**Run the Links 5K**, sponsored by the Johnson City Senior Center Foundation, is coming in March. Enjoy a timed competitive run, or a fast-paced walk, along the 3.2 mile course on the front nine of the Pine Oaks Golf Course. Register early to be sure you receive a race t-shirt.

A revised inclement weather policy was approved for Memorial Park Community Center, as follows:

### INCLEMENT WEATHER POLICY

(adopted February 27, 2014)

#### MEMORIAL PARK COMMUNITY CENTER

When Johnson City schools are closed due to inclement weather, Memorial Park Community Center will open at 10:00 a.m. for access to the following areas: fitness room, gymnasium, game room, billiards room, and pool (for open/lap swim and open therapy only). Scheduled events and instructor-led programs will be cancelled. The centers will close at 5:00 p.m.

When Johnson City Schools are on a delay due to inclement weather, community centers, art center and pools, will open at 10:00 am and all events and programs will begin at 10:00 am. Each location will close at normal closing hours, unless inclement weather occurs later in the day that forces closure.

When schools let out early due to inclement weather all programs and events scheduled for the remainder of the day will be cancelled.

If inclement weather occurs on a weekend when schools are not in session the Parks & Recreation Department Director will determine when parks and centers would open and make a decision by 6:00 am.

Transportation will not be provided when Johnson City Schools are closed or let out early due to inclement weather.

For Announcements about schedule changes call 434-5750.

### Johnson City Seniors' Center

510 Bert Street  
Johnson City, TN 37601  
423-434-6237



### Upcoming Events

March  
14-15

Craft Fair & Art Show

22

Run the Links 5K Fundraiser at  
Pine Oaks Golf Course

28

Garden Event